My Personal Contract
To Protect Myself From HIV/STDs

Section 1: Name: __________________________ Age: ________

Section 2: Reasons why I want to protect myself from HIV/STDs.
(Hint: Think about your skills, your appearance, your family, your career plans and life goals.)

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Section 3: I pledge to protect myself from HIV/STDs by:

___________________________________________
___________________________________________
___________________________________________
___________________________________________
___________________________________________
___________________________________________

Section 4: One person I will talk to about protecting myself from HIV/STDs is:

___________________________________________

Section 5: One person who will support me:

___________________________________________

Signed: ___________________________ Date: _____________

Signature of parent or trusted adult ___________________________